



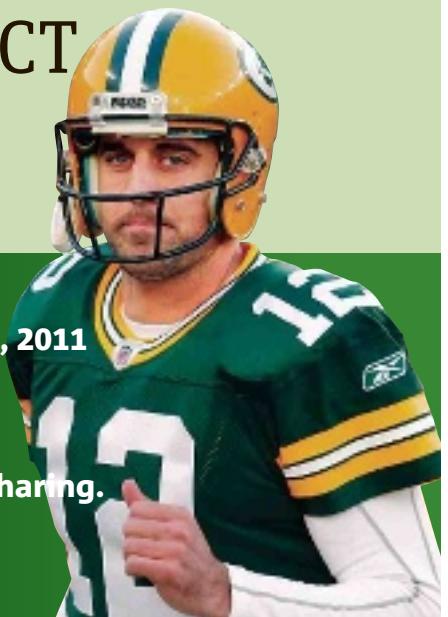
TURKEY POCKET PIES
ALL DRESSED UP
FOR CHRISTMAS
{page 16}

**SHOVELLING
SNOW IS A PAIN**
IS THERE A BETTER
WAY? {page 17}



OUTDUELLED

PACKERS' PERFECT
SEASON FOILED
BY CHIEFS {page 20}



OTTAWA

metro



Monday, December 19, 2011
www.metronews.ca



News worth sharing.

Dictator. Dead



► North Korean leader Kim Jong Il waves during a meeting with South Korean President Kim Dae-jung, not pictured, in 2000. The dictator has died at age 69. Story, page 8.

North Korean leader Kim Jong Il dies

Last week for holiday shoppers

► Recent poll commissioned by CIBC found 65 per cent of Canadians hadn't finished their Christmas shopping by the weekend

If they could be somewhere other than at the mall, they'd be in the Caribbean or just about anywhere under a blanket, said shoppers at the Rideau Centre on Sunday.

But many spent their money with smiles on their faces—including last-minute shoppers Dave Stitt and his four-year-old son Dominic.

"We've managed to get out a little bit earlier than we normally do, so it's a little less stressful," he said, adding that, as a university student, he waited to get shopping until after exams.

It was a nice day for both father and son. Dave found what he was looking for and Dominic got to ask Santa for Lego. But for shoppers like Victoria Turcott, going to the mall is "a pain in the butt."

Quoted

If you didn't have to be at the mall, where would you be?

- Victoria Turcott: "At home in my PJs on eBay."
- Nick Turcott: "I really wouldn't want to be anywhere else."
- Jake Steele: "At home with a book."

"You can find whatever you want online faster (and) cheaper, and it's easier," said Turcott, who was shopping with her mother, brother and boyfriend. "My mom wanted to come shopping, so we're all putting on a brave face for her," she said. ■ JESSICA SMITH

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New Winter Service



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New Winter Service

Service Changes Effective December 28

On Wednesday, December 28, the following changes will be implemented:

- 94** trips travelling through downtown after 1 a.m. will operate along Rideau Street instead of Mackenzie King Bridge, to bring service closer to customers in the Byward Market.
- 106** will be revised to travel the outer ring road of The Ottawa Hospital, serving the General Campus, CHEO, and the Rehabilitation Centre, Monday to Friday between 7 a.m. and 7 p.m. On weekdays in the early morning and later evening, and on weekends, Route 106 will operate on the roadway in front of the General Campus and CHEO.
- 169** will be modified in order to improve service for employees along Innovation Drive in Kanata North. Buses will be rerouted from March Road to travel via Carling and Schneider, then north on Legget to Solandt, Hines and along Innovation. One trip in the morning and afternoon rush hour will continue to serve Herzberg south of Carling. Service will be removed from Solandt east of Legget, but customers will still be within walking distance of Routes 93 and 169.
- 174** will be renamed 174 KNOXDALE, instead of GREENBANK for all westbound trips. The routing will be unchanged.
- 232** will be rerouted slightly to serve the new Park & Ride lot at Carlsbad Springs Community Centre, 6020 Eighth Line Road, which will replace the lot at Greyhawk Golf Club. *See Park & Ride News below for further information.*
- 261** an additional trip will be added in the morning and afternoon on both routes, which will increase capacity and frequency on this service. *See below for January changes.*
- 263**

Service Increases

Service will be increased on these routes to increase capacity and improve frequency and choice for customers: **2x, 96 (Stittsville) and 169.**

Service Changes Effective January 8, 2012

On Sunday, January 8, winter schedules go into effect on most routes. Obtain a new timetable for all red- and green-number routes, as well as the following: **1, 2, 4, 5, 7, 12, 14, 16, 86 through 97, 99, 106, 112, 114, 118, 121, 126, 129, 130, 131, 135, 143, 144, 146, 147, 152, 156, 159, 164, 170, 171, 172, 176, 177 and 178.**

Service Increases

Service will be increased on numerous routes to increase capacity and improve frequency and choice for customers, as follows: **4, 5, 16, 30, 87, 93, 94, 95, 96, 97, 106, 111, 118, 120, 143, 148 and 691.** Capacity is also being increased at key times during the day on routes **4, 38, 60, 62, 87, 93 and 114** through the use of articulated buses. Resources will also be added to Route **129** to improve service reliability and performance.

The following routing changes will also be implemented:

- 5** will be enhanced with a limited new service that will provide residents in Sandy Hill and Old Ottawa East with a direct connection to The Ottawa Hospital on Smyth Road. Two new mid-day trips will operate in both directions, Monday to Friday, from Mann and Chapel via Lees, Main and Smyth. Buses will operate around the ring road serving The Ottawa Hospital General Campus, CHEO, and the Ottawa Hospital Rehabilitation Centre.
- 16** will be enhanced with a few new trips, Monday to Friday, that will provide residents in Sandy Hill with a connection to Rideau Street. Two trips will operate in the morning from Lees Station to the Rideau Centre via Waller, Besserer and Dalhousie. In the early afternoon, two trips will operate in the reverse direction from the Rideau Centre via Wellington, Elgin and Mackenzie King Bridge. Buses will sign 16X RIDEAU CENTRE and 16X SANDY HILL respectively.
- 93** will have some morning peak period trips extended to Innovation to better serve commuters. Buses will sign 93 KANATA NORTH VIA INNOVATION. Customers can connect to this service along the Transitway between LeBreton and Bayshore Stations, as well as Eagleson Park & Ride. These trips will be in addition to the new peak period trips on Route 169 mentioned above.
- 186** Friday shopper's shuttle will be replaced by new Route 205 (see below), serving Kars, North Gower and Manotick. Regular Route 186 will be unchanged.
- 261** will be rerouted slightly via Cyclone Taylor, *on request only*, to serve the new Park & Ride lot at Scotiabank Place. *See Park & Ride News for further information.*
- 263**

Park & Ride News

Carlsbad Springs Park & Ride

The Park & Ride lot will be moving from Greyhawk Golf Club to the Carlsbad Springs Community Centre, 6020 Eighth Line Road, starting Wednesday, December 28. Route 232 will be rerouted slightly to serve the new lot. The last day for transit customers to park at Greyhawk is Friday, December 23.

NEW! Park & Ride at Scotiabank Place

Effective January 9, residents in the west end can take advantage of a new Park & Ride option at Scotiabank Place. Located in the north parking lot, 100 parking spaces will be available for transit commuters between approximately 5:45 a.m. and 6:30 p.m. The lot will be served by ten trips on Express Routes 261 and 263, on request, with direct rush hour service to downtown.

NEW! Rural Shoppers' Bus

Starting January 9, rural residents will have a convenient way to get into town for shopping, appointments and more. Four new routes — 201, 202, 203, 204 — will be introduced that will each serve a different rural community. New Route 205 will replace the current Route 186 Friday shopper's shuttle.

Each route will operate one trip a week arriving in town around 10 a.m. Return trips will leave the shopping centres at 2:30 p.m. Visit our web site or call for more information on schedules and maps, or for a free brochure.

Route	Day	Community - Shopping Centres
201	Monday	Richmond to Stittsville, Kanata Centrum, Bayshore, Lincoln Fields and Carlingwood
202	Tuesday	Cumberland, Sarsfield, Navan and Notre-Dame-des-Champs to Fallingbrook, Place d'Orléans, Gloucester Centre and St. Laurent
203	Wednesday	Dunrobin and Carp to Stittsville, Kanata Centrum, Bayshore, Lincoln Fields and Carlingwood
204	Thursday	Metcalfe and Greely to South Keys and Billings Bridge
205	Friday	Kars, North Gower and Manotick to Barrhaven Centre and Carlingwood

Schedule Information

For the scheduled arrival times of your bus up to six days in advance, call **613-560-1000** or **text 560560 plus** your four-digit bus stop number.

New timetables are available at OC Transpo Sales and Information Centres, at octranspo.com, or by calling **613-741-4390**. Customers with a hearing impairment may call **613-741-5280**. For accessibility information, call **613-842-3625**.

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Billboard survey lacks depth: Councillor

 **JOE LOFARO**
@METRONEWS.CA

Gloucester-South Nepean Coun. Steve Desroches is calling a public survey on the city's digital billboard pilot project "shallow" and wants the city to ensure the report that comes back to council will address more than just aesthetics.

The second and most recent survey published in November asks residents whether they like or dislike

digital billboards operating in Ottawa and inquires about things such as brightness and message timing.

"It didn't get into the broader considerations that we should be thinking about right now: Revenue potential, key public service messaging, how is this helpful to the local business community?" said Desroches. "There's possibly some revenue opportu-

nities for the city on the billboards that are on the sites that are owned by the city."

The city waived provisions of a bylaw against digital billboards in August 2010 to allow three of them to be installed for a two-year period.

They are located at St. Laurent Boulevard at Tremblay Road, Carling Avenue at Kirkwood Avenue, and Carp Road southeast of Highway 417.



► Gloucester-South Nepean Coun. Steve Desroches stands before a digital billboard on Carling Avenue.

JOE LOFARO/METRO

Merry Sithmas, everyone!

► Flash-mob video goes viral, featured on BoingBoing.net and CBS News ► No truth to rumours Ottawa will become the new capital of the galaxy, replacing Coruscant: Vader

 **SEAN MCKIBBON**
@METRONEWS.CA

Darth Vader, Dark Lord of the Sith, paid a visit to Algonquin College recently with a legion of Ottawa Regional Youth Choir carolers.

"It wasn't quite a class assignment. There were six or seven core students and I kind of wanted to do a proof of concept to show that we could do viral videos," said Jeremy Atherton, co-ordinator of the television broadcasting program at Algonquin.

Atherton, the students and fellow broadcasting Prof. Randy Dash decided to do a Christmas carol flash mob, but knew they needed an added ingredient that would push the video into viral territory.

They wanted to showcase the college's new Centre for Construction



► Darth Vader, a.k.a. Algonquin television and broadcasting Prof. Randy Dash, uses the Force and an electric guitar to inspire carolers in this frame grab from the flash-mob video.

YOUTUBE.COM

Excellence and were looking for a young singer who would "blow people away," said Atherton. But they had a bit of trouble finding

someone like that.

That's when he remembered Dash had a Vader costume that he would sometimes lecture in to en-

tertain students.

What followed was a series of semi-covert rehearsals with the choir, and student camera and sound

operators.

Dash discovered he couldn't play the guitar with Vader's gloves, so he pre-recorded the guitar and played it to match the recording without an amp when he was being filmed.

When it came to zero hour on Dec. 6, Atherton sent waves of carolers over to the building and then Vader made his entrance.

Music spilled out into the CCE atrium off an iPod and into an amplifier, the choir started singing, and bewildered students soon erupted into applause and cheers as the choir reached the finale of A Carol of Bells.

Atherton said that while he was aiming to promote the school, a central piece of the project was to have fun, tell a story and bring a smile to students who were stressed out in the middle of exams.

1

news



Canada's transport regulator has ruled airlines must protect passengers who are allergic to cats, and that may mean Fluffy will have to stay home. Scan the code for the story.

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On the web at metronews.ca

Liberal Leader
Bob Rae says the troubled First Nations reserve of Attawapiskat is 'our Third World.' Video at metronews.ca/video

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Last convoy of U.S. troops exits Iraq

MARIO TAMA/GETTY IMAGES

► Nearly 4,500 Americans and more than 100,000 Iraqis died during the war ► U.S. spent \$800 billion in Iraq

Outside it was pitch dark. The six American soldiers couldn't see much of the desert landscape streaming by outside the small windows of their armoured vehicle. They were hushed and exhausted from an all-night drive — part of the last convoy of U.S. troops to leave Iraq during the final moment of a nearly nine-year war.

As dawn broke Sunday, a small cluster of Iraqi soldiers along the highway waved goodbye to the departing American troops.

"My heart goes out to the Iraqis," said Warrant Officer John Jewell. "The innocent always pay the bill."

When they finally crossed the sand berm that separates Iraq from Kuwait, illuminated by floodlights and crisscrossed with barbed wire, the mood inside Jewell's vehicle was subdued. No cheers. No

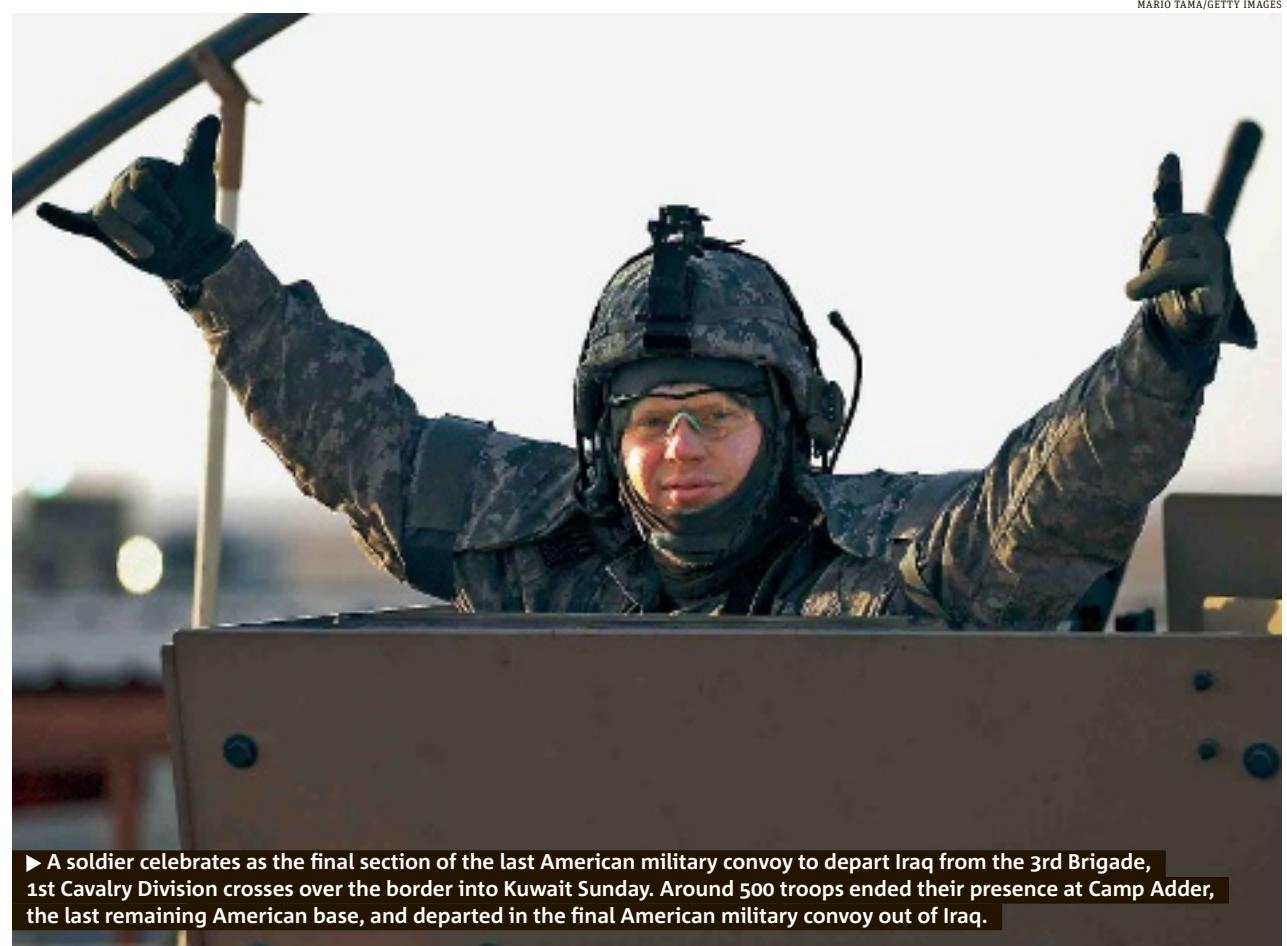
Iraqi reaction

- "We are glad to see the last U.S. soldier leaving the country today," said Said Hassan, 25, the owner of money exchange shop in Baghdad. "It is an important day in Iraq's history, but the most important thing now is the future of Iraq," he added.
- "The Americans have left behind them a country that is falling apart and an Iraqi army and security forces that have a long way ahead to be able to defend the nation and the people."

hugs. Mostly just relief.

His comrade, Sgt. Ashley Vorhees, mustered a bit more excitement. "I'm out of Iraq," she said. "It's all smooth sailing from here."

THE ASSOCIATED PRESS



► A soldier celebrates as the final section of the last American military convoy to depart Iraq from the 3rd Brigade, 1st Cavalry Division crosses over the border into Kuwait Sunday. Around 500 troops ended their presence at Camp Adder, the last remaining American base, and departed in the final American military convoy out of Iraq.

Death toll unknown after oil platform capsizes

An oil-drilling platform capsized and later sank amid fierce storms off Russia's east coast Sunday, plunging dozens of workers into the churning, icy waters. Four were confirmed dead and 49 were missing.

The Transportation Ministry said in a statement Sunday 67 people had been aboard the platform as it

strong wave broke some of its equipment and the port-holes in the crew's dining room. One five-metre wave washed away the platform's lifeboats, leaving the crew with no escape.



► In this undated handout photo, the oil drilling platform Kolskaya is seen in the Sea of Okhotsk.

was being towed about 200 kilometres off the coast of Sakhalin Island.

Fourteen people were rescued from the sea by the ship that had been towing the platform. Further rescue efforts were being hampered by the severe weather conditions, officials said.

THE ASSOCIATED PRESS

Oil platform

- There were no immediate reports of environmental damage, and that would be unlikely since the platform was not drilling for oil when it capsized and carried little fuel.

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Man charged in N.Y. burning death

► Senior citizen died after being set on fire in apartment elevator ► Suspect says the woman owed him \$2,000

A man charged with dousing a woman in flammable liquid and tossing a Molotov cocktail on her in an elevator told police he set her on fire because he was angry that she owed him \$2,000, authorities said yesterday.

Jerome Isaac was arrested yesterday on murder and arson charges in the death of 73-year-old Deloris Gillespie.

The 47-year-old Isaac reeked of gasoline when he entered a police station overnight and implicated himself in Gillespie's death, New York Police Department spokesman Paul Browne said.

Gillespie was ambushed in the elevator of her



► This surveillance photo shows the suspect with accelerant in his hand.

Brooklyn apartment building on Saturday afternoon, Browne said.

The suspect had been waiting for her when the elevator doors opened to the fifth floor of her build-

ing in Prospect Heights, police said.

"It was apparent he knew she was on the elevator," Browne said.

After setting Gillespie ablaze, Isaac went to his apartment building just blocks away and set a fire there, Browne said. He then hid on a roof before turning himself in to police, Browne said.

Isaac told police that Gillespie owed him \$2,000 from some work he had done for her, Browne said.

The attack happened shortly after 4 p.m., lasted about a minute and was recorded by two video cameras, including one inside the small elevator.

THE ASSOCIATED PRESS

Russia. Protests



► A masked protester stands with a riot policeman on the right during a rally against alleged vote rigging, this weekend, in St. Petersburg, Russia. The sign reads: "My vote was stolen".

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Another post-election rally

About 7,000 protesters demanding a rerun of elections gathered Saturday in central St. Petersburg for a second weekend of protests against Russia's alleged fraud-tainted vote, a comparatively small crowd that underlined the challenge to the opposition of keeping up public pressure on authorities.

North Korea leader Kim Jong Il dead at 69

Kim Jong Il, North Korea's mercurial and enigmatic leader, has died. He was 69.

Kim's death was announced Monday by state television from the North Korean capital, Pyongyang.

Kim is believed to have suffered a stroke in 2008 but appeared relatively vigorous in photos and video from recent trips to China and Russia and in numerous trips around the country carefully documented by state media.

The North Korea leader, reputed to have had a taste for cigars, cognac and gourmet cuisine, was believed to have had diabetes and heart disease.

The news came as North Korea prepared for a hereditary succession.

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EUROZONE CRISIS

ECB exec explains exit

A top European Central Bank official has publicly discussed the reasons for his surprise resignation, saying he is not satisfied with the direction Europe's currency union has taken.

Juergen Stark said in an interview in Monday's edition of Germany's

Wirtschaftswoche magazine that the ECB had done its job by keeping inflation under control across the eurozone, which it does through adjusting interest rates.

Stark is leaving at the end of the year, two and a half years before the end of his eight-year term on the bank's six-member executive board.

"There is a broad theme that serves as the reason for this: that I am not satisfied with the way this currency union has developed," Stark said.

THE ASSOCIATED PRESS

Pilot strike cancels Iberia flights

Spanish airline Iberia cancelled a third of its flights Sunday because of a strike by pilots fearing job losses when company planes are diverted for use by Iberia's planned new budget carrier.

Iberia said it scrapped 91 flights, mostly domestic routes, but that no major disruptions were reported at its bustling Madrid hub or other airports because it managed to find alternative seats on other Iberia flights or with other carriers for about 80 per cent of the travellers.

Another one-day strike is planned for Dec. 29.

THE ASSOCIATED PRESS

CNN star to testify at UK inquiry

► Memoir said Morgan knew of phone hacking as long ago as 2001

The often colourful and sometimes controversial story of CNN star Piers Morgan's rise to the top will be revisited today when the former editor appears by videolink at a judge-led inquiry into the ethics and practices of Britain's scandal-tarred press.

Actors Hugh Grant and Sienna Miller, and Harry Potter author J.K. Rowling are among those who have given evidence about press abuse, while executives and lawyers for Murdoch's News Corp. have defended the newspaper.

Morgan shot to national prominence when he was picked by Murdoch to run the News of the World at age 28. Under his tenure, the tabloid exposed actor Hugh Grant's liaison with Hollywood prostitute Divine Brown and Princess Diana's late-night phone calls

to married art dealer Oliver Hoare. It wasn't all down to good reporting: Morgan has acknowledged he kept his edge in part through bribes paid to informants on rival titles. THE ASSOCIATED PRESS

Market moment

TSX	Dollar
+ 130.96 (11,635.38)	- \$0.12¢ (96.43¢ US)
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YOUR 2012 MAY NOT BE EXACTLY AS SHOWN

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA



That's about it for 2011, and soon it will be time for the traditional crossing-out of the incorrect old year and scribbling-in of the corrected new one on your January (and possibly February) rent cheques.

Somehow, 2012 seems like it should be further away, in some science-fiction future when we finally get our long-promised personal jetpacks.

I'm not much for predictions, but I foresee yet another jetpack-less year ahead.

Given how idiotically some of us drive our old-fashioned earthbound vehicles, this chronic delay may actually be a public-safety bonanza.

As it is, Ottawa will wait until 2018 for the next big shift in getting around, the first \$2.1-billion phase of our long-promised, once-reset light-rail system, or at least that's the plan.

Once upon a time, we were expecting to open a new central library in 2006. That year came and went, as did several revised target dates. The future does not always unfold as advertised.

Given that OC Transpo doesn't consider a bus officially late until it's six minutes behind schedule and has repeatedly kept riders waiting for real-time info on where that bus actually is, further delays of light rail are not unforeseeable.

On a less ambitious but more immediate tack, snazzy new tap-and-go fare cards are to replace our passes, tickets and transfers late in 2012, if all works out.

More distant dates and promises of sexy new technology flew last week at city

"Meanwhile, in 2012, the biggest innovation we can look forward to is the halving of garbage pickup to a biweekly schedule. The cut is expected to save \$9 million a year and greatly increase, at least in the short term, curbside profanity from customers."

hall as council wound up 2011's business by approving a twenty-year garbage gasification deal with Plasco.

The company is to process 300 tonnes of trash a day, about a third of what we throw away. If all works as planned, we should be able to use a rather less advanced bit of technology, the Trail Road landfill, until the truly science fictional year 2070.

If it doesn't, we are folsomely assured, the taxpayers won't be on the hook. I hope we're keeping that extended warranty in a safe place.

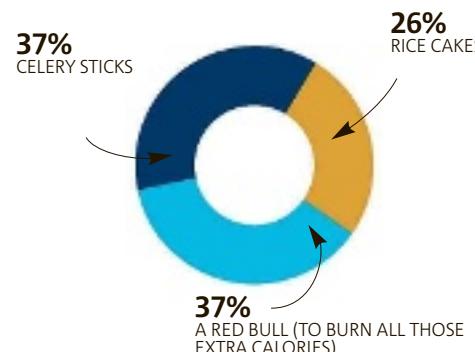
Meanwhile, in 2012, the biggest innovation we can look forward to is the halving of garbage pickup to a biweekly schedule. The cut is expected to save \$9 million a year and greatly increase, at least in the short term, curbside profanity from customers.

The coming year is guaranteed not to go quite as you, I or the city have planned it, but I wish you a good one anyway, and maybe a jetpack in 2013.



Register at
metropolitanpanel.ca
and take the quick poll

Since Santa obviously needs to lose a few pounds, what health-conscious snack should you leave him to eat?



Local tweets



► @kyleturris:

Thank you everyone for the support, I'm excited to be an Ottawa Senator!

► @MathieuFleury: Heading to @theottawamission to serve the christmas lunch #ottcity

► @GeeMc: They call Couche-Tard "Mac's" in Ottawa. That's so weird.

► @FutureAmyBieber: @Justinbieber is coming to Toronto.... and i cant go

cause im in Ottawa...
► @OttawaTemp: -5.8°C (Wind Chill: -10)

► @itsJayforce: Doesn't feel like christmas.

► @remedyke: RT @OttawaMission: Amazing to see all the volunteers serving Christmas Dinner at #Ottawa Mission today. Turkey dinner looks delicious!

► @OttawaInFocus: RT @ottawa_events: The Nutcracker Dec 19th-20th @shenkmanarts #Ottawa http://t.co/sC5jNh4i

Daily Zoom

'You're not any cuter!'



Cat must learn how to behave

AUSTRALIA. Don't tell this cheeky cat it's rude to stare and stick out its tongue: poor Buzz is hearing-impaired. At cat obedience class at Prahran Vet Hospital in Melbourne, this 10-week-old kitten has to learn hand commands to know how to behave better. By the looks of it, he's still got his work cut out for him. ● **METRO WORLD NEWS**

"He's been dumped and is going to be harder to re-home, so I've had to teach him to pay attention to me. Already he can high-10 with both paws over his head."

DR. NICOLE HOSKIN, VETERINARIAN

'Give me a treat, then I'll obey'

TRAINING. Felines can be taught to do many of the same things that dogs can: sit, stand and fetch things. The two species have to be trained in different ways, though. Dogs learn just to please their owners, but cats only pay attention for food rewards. "I find roast-chicken rewards work the best," Dr. Nicole Hoskin says. ● **METRO WORLD NEWS**

All bets off with 'psychic' feline

CATS IN NEWS. Buzz is not the only domesticated cat to make world headlines in recent days. One Italian feline by the moniker of FastidiousCat has been trending as the new Paul the Octopus after successfully predicting Serie A soccer powerhouse Udinese's last four fixtures.

● **METRO WORLD NEWS**



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Connect with Kinect

Holiday titles from Microsoft highlight dancing and Disney

Microsoft and some third-party companies rolled out some nifty titles in 2011, with a few new ones for the holidays that will test your wits and stamina as you lunge around the living room, angling for high scores. Here is a look at some featured Kinect-friendly titles as the year wraps up.

Dance Central 2 (Microsoft Studios, \$49.99, rated T)

More dance and more songs are on tap for this standout sequel. As with the original title, the goal remains to keep up with the crew of fleet-footed characters on the screen while you bust a move to popular hip-hop and electronica songs.

The dance moves are fun even if some of them like the "bear cub" are best left to an embarrassing uncle at a wedding.

Some of the new features include the ability to create your own playlist from the provided songs as well as top-notch voice commands that allow you, among other things, to

slow down the music if you are having problems nailing some tough dance moves.

The Gunstringer (Microsoft Studios, \$39.99, rated T)

In this fairly strange game, you play as the operator of a marionette skeleton that also happens to be one of the fastest guns in the Old West. You hoist up the Gunstringer by the strings and walk him around with movements from your left hand while your right hand handles the trigger-squeezing duties with a swift motion upward at the elbow.

The Gunstringer battles various comical foes, including a wavy inflatable tube character that would seem more at home in front of a used car dealership.

It is mild fun at best. Kudos to the developers at Twisted Pixel Games for their unconventional take on player controls and offering gamers lighter gunfire fare rather than a scaled back, Kinect-friendly Call of Duty knockoff.



* More dance and more songs are on tap for Dance Central 2 from Microsoft Kinect.



* A scene from Microsoft Kinect's Disneyland Adventures.

Disneyland Adventures (Microsoft Studios, \$49.99, rated E10+):

In this title, the gamer uses Kinect as a gateway to the Magic Kingdom of the Disneyland amusement park in Southern California.

Walking my childlike character around the park was a little clunky at first. I raised my arm to move forward, but instead of following a sparkling golden path to my next task, I ended up plowing through crowds of families and getting stuck in a corner near a fence. This got better

once I learned to slow my walking pace.

The best part about this game is walking to attractions from memory. If you have been to Disneyland more than once, you know the Adventureland section is on the left side after you enter the grounds. And sure enough, I found it quickly.

This is a pretty good game for the young and young at heart if you have visited the park.

Deepak Chopra's Leela (THQ, \$49.99, rated E):

Putting your spiritual and

physical well-being in the hands of someone like Deepak Chopra is a good bet. But it probably is tough to book an appointment with him, which is where Deepak Chopra's Leela comes in handy.

This is the most soothing video game I have ever played.

After custom-crafting my own mandala design (with gestures from my hands), I took part in a hip-swivelling session in which I controlled an image of the rotating Earth. The goal was to align growing trees with moving rain clouds and later to the sun. This was a good warm-up exercise in the game's Muladhara, or Root Chakra, section.

The goal of the game is to help the user align the seven chakras; spinning wheels of energy in the body if you believe in such things.

These types of wellness titles truly take advantage of Kinect's capabilities and when well-designed, as with Leela, showcase what gaming can become.

THE ASSOCIATED PRESS

HOLIDAY 2011

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Vegetarian Christmas



Think outside the Gift box

► Experiential presents offer alternatives

Ann Chih will be gaining more than warm vibes and new keepsakes when she exchanges gifts for the holidays.

This year, Chih and her friends have decided to swap homemade presents in a unique way: The gift-giving participants will be using skills gained taking lessons that they will then translate into custom creations.

One friend is learning

how to pickle, so Chih said those in the exchange can likely expect such goodies as pickled veggies and onions when they open their presents. "It's like a gift for yourself and a gift for them," said the Vancouver-based freelance writer. "It gives you the chance to try something that you've always wanted to try, and then save money at the same time on your presents."

Chih is clearly keen to

embrace new challenges. This past fall was no exception as she had a chance to learn the art of swashbuckling when she signed on for sword fighting lessons at Academie Duello in Vancouver.

The 26-year-old took part in the course through Samba Days. The home-grown company offers themed-gift experiences tailored to a variety of interests and lifestyles. Everyone from foodies to adventure-seekers will find something to appeal to them, such as wine tours, skydiving, spa packages and gourmet getaways.

Chih learned the basics such as how to wield a sword and a few self-defence skills. By the end of the eight-class session, she was tested and advanced to the Green Cord, the first official rank.

But Chih isn't just a proponent of taking part in unique experiences — she also selects and invests in them as gifts for loved ones.

For Christmas, she once purchased tickets to the movies, Vancouver Aquarium and Science World British Columbia for her brother and niece as a weekend package of activities for father-daughter bonding. And during another festive season, Chih gave her dance-loving sis-



DARRYL DYCK/THE CANADIAN PRESS

ster and brother-in-law private ballroom lessons with their pre-existing instructor.

"Whenever I look at getting people gifts, I do look at experiences because when you get them something that they might not necessarily want as an item it just means that you have to get a gift receipt and they usually want to return it," she said. "But when it comes to experiences, you know what type of activities they would like, and then you make memories. And that's a lot better than just having something to put on your shelf."

Alex Barseghian arrived

at a similar conclusion after attending a family wedding in England several years ago.

The day after the nuptials, he recalled all the couple talked about was a gift that offered a choice between a hot air balloon ride or taking a spin in a Ferrari for a weekend.

After learning such gift experiences were available for purchase at various outlets and involving different brands in the U.K., he started to think of how to bring the concept to this side of the Atlantic.

Barseghian founded Samba Days in 2008, and the company now offers more than 500 experi-

ences for purchase across the country.

Barseghian said their primary category is people in their late 20s and early 30s. It's a demographic that shares something in common with those approaching their golden years: The desire to try out something new rather than merely amassing more items, he noted.

"Life should be experienced, not collected. So to me, that mantra is perfect for boomers, as it is for people in their 20s and 30s," Barseghian said.

"It's not about getting more shoes or ties or sweaters or having more stuff." THE CANADIAN PRESS

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Items you don't want to leave home without: Gifts for travellers

Many travellers have a favourite item or gadget they can't leave home without — the equivalent

of a teddy bear for grown-ups.

Maybe it's the GPS, or the inflatable neck pillow,

or the Kindle, or the wheeled bag.

As we struggle to come up with the perfect pres-

ent for everyone on our list, it's worth considering which of our treasured travel bring-alongs might make a good gift for someone else.

Here are some favourites from folks who spend a lot of time away from home, as well as a look at a few new and interesting items from retailers that just might become tomorrow's must-haves.

"I love my XShot, an extender rod to take self-photos/video, which I do often on my portable video camera," says Robert Reid, U.S. travel editor for Lonely Planet. XShot (xshot.com, \$30) is a telescopic rod that attaches to digital cameras or handheld video cameras, allowing the shooter to be in the frame without stretching an arm out or asking a stranger to take the picture.

Flight 001, the fun and trendy travel retailer with stores in California, Chica-

go and New York as well as online at flight001.com, offers a colourful variety of luggage,

gadgets and many other travel goodies for the holidays in wide range of prices and styles, but one of its best offerings this season makes a great gift for travellers who vacation in wine country and like to bring home a bottle.

Bags and gadgets are also among the items retailers are recommending this season.

The Pan Am TV show has received a mixed reception, but whether or not you like the show, it's

hard not to love the retro style of a blue and white Pan Am airline bag (\$74, wayfair.com).

Duracell has a variety of portable chargers — the Instant Charger, Powerhouse Charger and Pocket Charger — to provide hours of extra power when the battery runs out on an iPhone, BlackBerry or iPod. They connect via USB cords to the devices, and recharge via USB cord from a computer. They are compact, lightweight and starting at \$20, may be cheaper than extra batteries for gadgets. They are also getting rave consumer reviews online.

THE ASSOCIATED PRESS

A luggage scale with tape measure, above, is just one of the many travel gadgets available at Flight 101.

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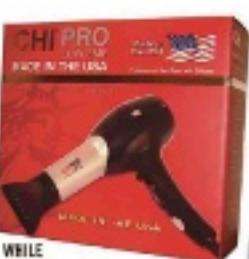
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Measure up as a party host this holiday season

Pouring drinks for guests can be somewhat intimidating.

People have different preferences, the glassware comes in all shapes and sizes and it can be tricky to get the amounts just right. The host or hostess will also want to make sure that guests who imbibe over the holidays get home safely, or spend the night on a couch or in the

guesroom if need be. "Part of being a responsible host is definitely to measure your drinks for your guests, and not have an open bar," said Stephanie Petroff, a senior communications consultant for the Liquor Control Board of Ontario (LCBO).

"Measuring drinks is really important. Not only do drinks taste better, but you're also then making

sure that you're pouring standard pours."

Troy Wanner, operations manager for the Fine Art Bartending School, said it's tough to get the amounts right just by eyeballing the glass.

"Definitely have a measuring device of some sort, whether it be a shot glass, a jigger, anything that you can kind of measure your pouring," he said from the school's head office in Kelowna, B.C.

Getting the right amount of ice in the glass of a mixed drink can make a huge difference, he added.

Petroff noted that shapes and sizes of glassware are getting larger, which can contribute to the challenge of mastering the perfect pour.

LCBO launched a new ad recently to encourage people to speak up — address the elephant in the room — and prevent inebriated guests from getting behind

the wheel. A new home bartending challenge on its website (deflatetheele-

phant.com) allows users to look at various glasses intended for different bever-

ages, and try online to pour the correct amount.

THE CANADIAN PRESS



Experts say measuring drinks is important at parties. Not only do drinks taste better, but you are also making sure you are pouring standard pours.

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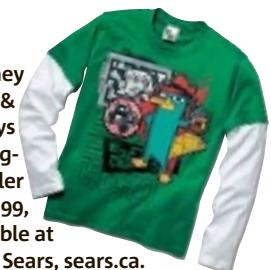
Green Dog Boys, Red and Grey Sweater with Skull, \$26, available at the Bay, thebay.com.



Ralph Lauren Dorthea Plaid Ruffle Skirt, \$39.50, available at the Bay, thebay.com.



Toasty Hooded Dress, \$50 (infant), \$54 (kids), available at Mini Mioche, mini mioche.com.



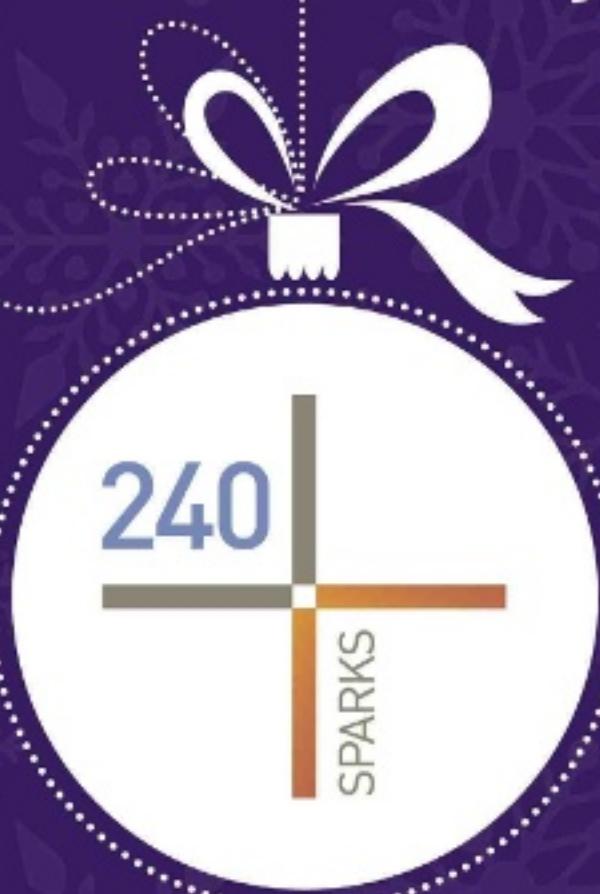
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Holiday Service

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Holiday Service

December 25 to January 7

A special revised service will operate during the Christmas holidays for a two-week period from December 25 to January 7. Holiday schedules are available at octranspo.com.

Special school services will **not** operate during this period, except supplementary service to Carleton University on Routes 4 and 111, which will resume on Wednesday, January 4.

CHRISTMAS DAY, December 25 and

NEW YEAR'S DAY, January 1:

A **Sunday** schedule will operate, so only those routes that normally run on Sunday will be in service.

BOXING DAY, December 26

December 27 (holiday in lieu of Christmas)

January 2 (holiday in lieu of New Year's):

A **Saturday** schedule will operate since these days are holidays for most customers. Red- and green-numbered peak period routes will **not** operate.

December 28-30 and January 3-6:

A **reduced weekday** schedule will operate on most bus routes since many riders are on holidays. This means that **trip times may vary on all routes**, so call 613-560-1000 or text 560560 plus your four-digit bus stop number, or visit octranspo.com for holiday schedules. The **O-Train** will run on a **regular** weekday schedule.

NEW YEAR'S EVE, December 31:

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Transit Schedule

December 25	Sunday Schedule
December 26 & 27	Saturday Schedule
December 28-30	Reduced Weekday Schedule
December 31	Saturday Schedule
January 1, 2012	Sunday Schedule
January 2 & 7	Saturday Schedule
January 3-6	Reduced Weekday Schedule

Telephone Info Centre 613-741-4390

December 24	8 a.m. to 9 p.m.
December 25	9 a.m. to 5 p.m.
December 26 & 27	8 a.m. to 9 p.m.
December 28-30	7 a.m. to 9 p.m.
December 31	8 a.m. to 9 p.m.
January 1, 2012	9 a.m. to 5 p.m.
January 2 & 7	8 a.m. to 9 p.m.
January 3-6	7 a.m. to 9 p.m.

N.B. Customer Relations (613-842-3600) will be closed December 26, 27 and January 2, and will operate from 8 a.m. to 4 p.m. December 28-30.

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December 27-30	8:30 a.m. to 9 p.m.
December 31	7 a.m. to 6 p.m.
January 1, 2012	9:30 a.m. to 5 p.m.
January 2-6	11 a.m. to 5 p.m.
January 7	Closed.....
January 2-6	8:30 a.m. to 9 p.m.
January 7	7 a.m. to 6 p.m.
January 2-6	9:30 a.m. to 5 p.m.
January 7	11 a.m. to 5 p.m.

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Through a horse's eyes

► **War Horse** recounts the experience of the First World War through the journey of a thoroughbred ► Emotional drama explores the themes of loyalty and survival

STEVE
GOW
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Whether we're talking about the popular stage play or the book upon which it was based, when it comes to awards, *War Horse* has always been a front-runner. That is something Steven Spielberg may be counting on with his latest movie adaptation.

"Yes, it was a children's story to start but it has, at its heart, great pain and suffering," admitted the book's author Michael Morpurgo. "And that's not necessarily a very attractive prospect for a family show but (Spielberg's) pulled it off unbelievably."

The acclaimed film (which hits theatres Christmas Day) is definitely the stuff of award season. An emotional drama surveying

the First World War through the eyes of an incredible thoroughbred, *War Horse* deals in themes of loyalty and survival during a war of attrition that star Emily Watson suggests makes one of Spielberg's most inspired films.

"The great achievement of the film is the perspective it puts on that war," said Watson. "Steven's other films have been about the Second World War,

which has a very clear, moral imperative to it. But this war was utterly pointless and taking a horse through the journey of that war is a brilliant way of cutting a cross-section of it and seeing it first-hand and it's really powerful."

Almost as powerful as the story were the actual horses that played the title role. As honoured as he was to star in the Spielberg film, actor Tom Hiddleston

insisted he was only upstaged by his animal co-stars.

"I was shamed at my artifice by their authenticity," said the Thor actor.

"That's really the thing I learned — just to turn up and be there because the horse will do something surprising, which will give you so much more than anything you might have preconceived in your own mind."



Box office



Sherlock Holmes is facing his worst enemy: declining crowds at the box office. *Sherlock*

Holmes: A Game of Shadows debuted on top with a \$40 million weekend. Overall business was down again. *Alvin and the Chipmunks: Chipwrecked* opened at No. 2 with \$23.5 million, about half the business the first two *Chipmunks* movies did on their debut weekends.

THE ASSOCIATED PRESS



Beach Boys announce a reunion tour, with Brian Wilson, to mark 50th anniversary

University of Ottawa Faculty of Medicine

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MONDAY, DECEMBER 19, 2011

The real story behind Spears' engagement

► Couple celebrates with closest paparazzi, publicists

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Thanks to giving up the reigns to her life to a court-appointed conservatorship (her father and a lawyer) and, well, I'm just guessing here, some big pharma mood-stabilizers, I believe Britney Spears is in a much happier and healthier head space than she's ever been.

It actually "seems" like things are back to normal for the star/robot. Which is why it's surprising to see her engagement to boyfriend and former agent Jason Trawick come across as the most orchestrated news item since Kim Kardashian's wedding.

After all, "normal" megawatt celebrities keep things like this private; only the ones with something to prove try to force it down our throats.

On Thursday, the two got engaged. And then they celebrated that engagement



► Jason Trawick and Britney Spears

— and Trawick's 40th birthday — in Las Vegas on Friday night. And, wouldn't you know it? An army of photographers and publicists were at the ready.

They followed them through each perfectly-crafted event — from the two of them checking in to Planet Hollywood, then having dinner at Sugar Factory American Brasserie, to dancing at the Chateau

nightclub (notice all of that product placement? I'm sure they all paid a pretty penny for this). The whole night was completely packaged for our enjoyment. Sure, out of everything that Spears has been through, a formulated engagement is nothing.

It's just kind of sad that this living doll can't be a real person who celebrates real milestones authentically.

Celebrity tweets



Just got back from mall. Told Santa what I wanted. He said he didn't even know what SAG was, let alone how to punish it.



@AlbertBrooks

@pattonoswalt
Anyone who sees #Young Adult, please Tweet your home address. I will personally bring a casserole to you.



@JonahHill
"True Life: I Have A Hot Mom" is easily my favorite True Life.

@kirstiealley
His words are bonds, his oaths are oracles, his heart as far from fraud, as heaven from earth" Shakespearedoes this man exist??

Does Cruise have a man crush on Beckham?

Tom Cruise has his eye on a new co-star, telling the Daily Mirror that he would "love to do action movies with [David] Beckham."

But before turning his athletic pal into a movie star, Cruise wants something too: "David would have to teach me how to play soccer first," he says.

Cruise even has a type of role in mind, saying that Beckham "would make a great baddie."

● METRO

A crafty Christmas

- You don't have to take your kids to see Santa to get them into the Christmas spirit
- Include them in the preparations and let them get involved by helping create decorations for the house and making their own gifts and wrapping
- It's fun, cheap and creative

 **EMMA E. FORREST**
LIFE@METRONEWS.CA
METRO WORLD NEWS

There are loads of good

Preparation:

1 Ask an adult to help you put the butter, sugar and cream in a saucepan over a low heat. Leave until it comes to the boil and the sugar has melted.

2 Break the chocolate into small pieces and tip into a heatproof bowl. Carefully pour the melted butter mixture over the chocolate and stir until the chocolate is melted, smooth and shiny. Leave to cool, then cover with clingfilm and chill in the fridge until it's firm.

3 Making one truffle at a time, scoop a teaspoonful of the chocolate mixture and roll quickly between your hands into a ball. Place on a baking tray lined with baking parchment.

reasons for doing Christmas crafting: It's easy and cheap to make gifts and decorations from things you already have in the house, it's something fun

to do when the weather's bad, and it keeps them out of the shops where they'd only nag you for the latest Harry Potter Lego set.

Christmas crafting is

not just a practical way of whiling away cold winter afternoons, though. It offers a nice excuse for parents to spend quality time playing with their kids and

creating festive rituals that bond the family together for years to come, from decorating the tree as a family to baking biscuits for grandma.

Make festive gifts. Chocolate truffles



► From Christmas Cooking with Kids by Annie Rigg (Ryland, Peters and Small).

makes about 20

4 For the toppings, ask an adult to help you put the chocolate in a heatproof bowl over a pan of simmering water or in the microwave on a low setting. Stir very carefully

until it has melted. Leave to cool slightly.

5 Sprinkle each of your chosen toppings (cocoa powder, chopped chocolate, sprinkles, edible sil-

ver balls, chopped nuts) onto a separate plate.

6 Scoop a teaspoonful of the melted chocolate into the palm of your hand and roll one truffle at a

Ingredients:

- 50g unsalted butter, at room temperature
- 75g light brown soft sugar
- 150ml double cream
- 175g dark chocolate

Toppings:

- 150g milk or dark chocolate, chopped
- Chocolate sprinkles
- Cocoa powder
- Edible silver balls
- Chopped nuts (hazelnuts or flaked almonds)

time into it to coat completely.

7 Roll in one of the toppings. Repeat with the remaining truffles and leave to set on the baking tray before serving or packing in a pretty box.

life

Lead warning



Health Canada is offering a reminder to shoppers who see children's jewelry on a wish list this holiday season.

It notes that high levels of lead and cadmium can be found in children's jewelry products and kids can ingest harmful amounts of the metals if they chew, suck or swallow the items. There's minimal lead absorption through the skin, so wearing the jewelry doesn't present a serious risk to health.

THE CANADIAN PRESS

Create cards & wrapping paper. Potato printing

Preparation:

1 Cut potato in half. Place cookie cutter on cutting board with sharp edge facing upwards. Press potato firmly down onto cutter, leaving cutter standing proud of cut

surface of potato by about 5mm.

2 Ask an adult to cut away edges of potato using sharp knife. Press potato down onto a dry cloth to remove excess moisture.

3 Pour paint into saucer and use end of sponge paint roller to apply paint to star shape. Too much paint will make the design bleed. If you have applied too much, gently blot potato on kitchen paper to remove excess.

4 Begin printing. To ensure design prints clearly, use gentle rocking motion, moving potato from side to side without lifting from paper. This will apply paint evenly. Continue to print at evenly-spaced intervals. Allow paint to dry completely.

Ingredients:

- Medium-sized potato
- Star-shaped cookie cutter
- Chopping board
- Sharp knife (used by adult)
- Dry cloth
- Paints
- Plain white paper

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Holiday festivities can cause sensory overload for people with dementia.

Pockets of festive goodness

► These Turkey Pocket Pies are a delicious way to truly get your appetizers looking like they belong in a Christmas season table spread



► This recipe makes six servings and the pies can easily be decorated to make them festive.

If the dough of the pocket pies gets too warm during preparation, refrigerate it for 15 minutes.

Use leftover dough to cut out shapes to decorate the top of the pies. Brush the back of the dough shapes with egg wash to affix and bake as directed.

Preparation:

1 Preheat oven to 200 C (400 F). Remove pie shells from freezer and let thaw at room temperature for 10 minutes.

2 Put pie shells onto clean, flat, floured work surface. If cracks appear

in pastry, press and repair using moistened fingers. Cut out 6 shapes from each pie shell using a 7-by-10-cm (2 3/4-by-4-inch) cookie cutter. Set any leftover dough aside.

3 In bowl, combine turkey, cranberry sauce, cheese

Ingredients:

- 2 frozen deep-dish pie shells
- 50 ml (1/4 cup) finely chopped leftover turkey
- 30 ml (2 tbsp) cranberry sauce
- 30 ml (2 tbsp) grated cheddar cheese
- Pepper, to taste
- 15 ml (1 tbsp) milk

and pepper. Divide mix evenly among 6 cut-outs, mounding in centre and leaving a 5-mm (1/4-inch) border and top with remaining cut-outs. Gently press edges together and crimp with a fork. Brush tops lightly with milk and bake for 12 mins. or until pastry is golden. Let pies rest for 10 minutes before serving. THE CANADIAN PRESS/TENDERFLAKE

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Rose Reisman's Swap It

Veggie dips are a standard during the holiday party season. With a wide variety of flavours, some may seem healthy but be careful because names can be deceiving.

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Quiche saves dinner on busy nights

► The season is full of shopping, decorating, gift wrapping and entertaining ► This meal is quick and filling

The busy holiday season gives the cook in the house little time to prepare meals. But it's important not to forget to enjoy a quick and easy dinner.

With a pre-made pastry crust and the frozen veggies you have in the freezer, you can have a simple and quick quiche ready to enjoy with a crunchy green salad.

Preparation:

1 Prepare pie crust according to package. Set aside and let cool.

2 In flat-bottomed frying pan, melt butter and cook hash browns until crisp and golden brown. Remove from heat.

3 In a large bowl, mix together eggs, frozen vegetables, cheddar cheese, salt and pepper. Add cooled hash browns and

Mediterranean Quiche



► This recipe makes four to six servings.

mix well.

4 Pour egg mix into cooled pie shell and bake in 190 C (375 F) oven for 35 to 40 minutes until golden. Using oven mitts, remove from oven and serve.

THE CANADIAN PRESS/TENDERFLAKE / ADAPTED BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 3 eggs, beaten
- 250 ml (1 cup) frozen Mediterranean-style vegetables
- 250 ml (1 cup) shredded cheddar cheese
- Pinch each salt and

Be safe, be eco-conscious

► Shovelling snow causes heart attacks every year ► And snow blowers aren't exactly friendly on the environment ► So, what to do?

 **BEN KNIGHT**
LIFE@METRONEWS.CA

Shovelling snow is a pain in the back. The pushing, the lifting ... the throwing. Yes, a snow shovel is green and eco-friendly. It doesn't chew up power like electric or gas-powered snow blowers.

But injuries are a real risk — and clearing snow can be fatal, as well.

The Canadian Heart & Stroke Foundation estimates that over 16,000 Canadians die of heart attacks every year.

are an obvious alternative. But they have an environmental impact — fossil fuel-powered ones especially.

"These blowers emit a ton of carbon emissions that pollute the air," notes Trish Smith, a popular blogger at greenopolis.com.

So is there a way to build a better shovel? There's a broad variety of ergonomic snow shovels on the

market. Some have bent handles designed to ease the strain of lifting.

Others use wide blades and conjoined double handles to distribute and minimize physical stress. And then there's the



► Make your life easier when shovelling snow this winter.

Sno Wovel — wovel.com — an innovative invention that combines a traditional shovel with a wheel.

"It's not only more efficient — there's a three-quarters reduction in exertion — but this takes

the real pain out of shovelling, greatly reducing exertion and the risk of injury," says Mark Noonan, president of Nootools, who's been making and marketing Sno Wovels for the past six years.

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



Dispose might as well be a four-letter word.

I know you really mean recycle. And recycling bat-

POWERING SOME CHANGE IN BATTERY USE

Where in Winnipeg can I dispose of batteries? *Cynthia of Winnipeg*

teries has never been easier. Two excellent battery recycling know-it-all websites are Call2Recycle.ca and Earth911.com.

Just enter your postal code into their online drop-off locator. You'll get a list

of locations near you, ranked by proximity, with complete contact information and a map.

There's also no charge to recycle batteries from things like your remote control, cordless power

tools, or calculator.

Next, make the switch to rechargeable batteries. Maximize their use by reading the instructions carefully. It sounds obvious, but each product has specific guidelines when it comes to

charging a battery for the first time. A big no-no is returning a fully charged battery to the charger for an extra boost. This will only shorten its lifespan. Also never leave batteries in your charger if they're not

actually charging. Don't forget to recycle your rechargeable batteries when they're done. And keep your eyes open for battery recycling drop-off boxes. The last one I saw was in my local pharmacy.

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Home(work) for the holidays

► **Celebrating the season sans family is a reality that many students across the country will face this year**

Amongst the frantic last-minute trips to the mall and the consumption of Advent chocolate and eggnog, it's easy to forget one of the joys of the holidays: spending time with family.

Yet, for many across the country, namely students who study out of province or even out of country, being home for the holidays isn't an option.

Spiked airline costs and limited downtime are a few of the reasons some generation Yers are forgoing Christmas reunions to become holiday orphans. And for others, like Andrea Nunes of Vancouver, spending this time of year with the family is about as enticing as standing in a long lineup at the post office.

"I have sentimental feelings about Christmas itself but they're not really about my family," said the Emily Carr University office assistant. "My family against the backdrop of Christmas can't help but

"Taking the two weeks to go back halfway across the world wouldn't really make sense. If you don't think about (being away from your family) you don't get sad. So I don't think about it."

MEELASHINI AUADUER, STUDENT



► When times get tough, the tough sometimes have to stay put.

bring up all these seething, burning resentments from Christmases pasts."

After her grandmother passed away when Nunes was a teenager, things in her family "broke down" to the point that her mother cancelled Christmas one year.

It's since become a mutual agreement among all family members not to celebrate together, which she thinks is "pretty

great."

Nunes still acknowledges the holiday, and usually uses the time to bake. She also makes a point of calling her family members on Christmas Day.

"It doesn't make me feel sad, it makes me feel relieved," she said.

For Meelashini Auaduer, a third-year commerce student at Dalhousie University in Halifax, travelling to her

home country of Malaysia during the holidays isn't a logical decision.

"Taking the two weeks to go back halfway across the world wouldn't really make sense," said the 21-year-old.

The fact that her family doesn't celebrate Christmas "softens the blow." Instead, she feels those pangs of sadness during the end of October, when her family celebrates Deepavali, the festival of

lights.

Still, Auaduer insists she never feels alone during the holidays, and spends them travelling to Montreal or Toronto, or having a potluck with other Malaysian friends.

"If you don't think about (being away from your family) you don't get sad," she said. "So I don't think about it."

And yet many foreign students still manage to come together over the

Deck the halls

Some universities actively make an effort to accommodate their students who don't have anywhere to go over the holidays.

- For the past 12 years, Concordia University in Montreal has hosted a dinner soiree. The school invites all of its 4,700 foreign students, and the first 300 to respond are treated to a three-course meal.
- "We target international students as a way to make them feel at home and spread the season's good cheer and try to help them feel the good cheer," said Scott McCulloch with the Advancement and Alumni Relations department, which organizes the dinner along with the school's Alumni Association.

holidays. Moses Richu, a third-year University of British Columbia student from Kenya, said celebrating Christmas away encourages you to develop new traditions and customs with people from different parts of the world.

"You get 10, 20 guys together and you start explaining how it works and you learn so much from each other," he said. "It's like a huge room full of culture." THE CANADIAN PRESS

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Building from the ground up

► A holiday season spent in jail led to a true turning point for this now successful construction foreman

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA



Four years ago, Tony Kokol sat in a Federal Penitentiary having Christmas dinner with his Mom and Dad.

A life of recreational drug use had spun into addiction and some bad life choices put him behind bars.

"It got to the point where I lost everything; my career, health, credit and relationship. I realized, 'Oh my God, I've hit



► Tony Kokol is currently working on constructing the Fresh Start Recovery Centre building in Calgary.

bottom."

Fresh Start Recovery Centre in Calgary proved to be a turning point in Tony's life.

"It got to the point where I lost everything; my career, my health, credit and relationship. I realized, 'Oh my God, I've hit bottom.'

TONY KOKOL, FOREMAN AND SOON-TO-BE ADDICTIONS COUNSELLOR

the new building on the verge of being completed, Tony is training to become an addictions counsellor.

"My life is full and great. I'm blessed to be surrounded by people who have my back.

Every time I walk through our new building it validates the journey

that I'm on."

Tony recently went out for lunch with his Mom. As she reached out to hug her son he realized how

far he had come since that Christmas in jail four years ago.

"I put a smile on my mother's heart."

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sports

Sports in brief



The Montreal Canadiens, one of Quebec's most sacred institutions, have waded into the province's stormy language debates by hiring a coach who can't speak French.

The Habs announced on Saturday that the job is going to assistant coach Randy Cunneyworth, replacing Jacques Martin at the helm of the struggling squad.

The backlash in some quarters was almost immediate.

Local radio call-in shows and online forums were abuzz with questions about whether a non-French speaker should be awarded the top post.

THE CANADIAN PRESS

Packers denied perfection

► Green Bay's 19-game win streak ended by Chiefs ► Winning Super Bowl is real goal: Coach



Mike McCarthy never put a whole lot of stock in a perfect season, except as a means of gaining home-field advantage and setting the Green Bay Packers up for another Super Bowl run.

Well, they still have a chance to earn home-field advantage.

The perfect season? That's history.

Kyle Orton threw for 299 yards to outduel Aaron Rodgers, and the Kansas City Chiefs rallied behind interim coach Romeo Crennel for a shocking 19-14 victory on Sunday that ended the Packers' 19-game winning streak. It was their first loss since Dec. 19, 2010, at New England.

"I personally always viewed the undefeated season as, really, just gravy," McCarthy said. "The goal was to get home-field advantage and win the Super Bowl. That's what we discussed.

"We were fortunate enough to be in the position to possibly achieve the undefeated season," he added, "but we still



► Packers QB Aaron Rodgers is sacked by Kansas City's Tamba Hall.

have the primary goal in front of us, and that's to get home-field advantage."

Green Bay, playing without leading receiver Greg Jennings and top rusher James Starks because of injuries, can wrap up the No. 1 seed in their final two games against Chicago and Detroit.

But the Packers no longer have the pressure of becoming the second team in NFL history to win a Super Bowl with a perfect record, or extending the second-longest winning streak in league history.

"I think our goal ultimate goal is to win a Super Bowl. The next step is getting that number one seed in the playoffs," Rodgers said. "We've got a home playoff game — we've got a bye secured."

Rodgers was 17 of 35 for 235 yards and a touchdown, and he also scampered 8 yards for another touchdown with 2:12 left in the game. But the Packers (13-1) were unable to recover the onside kick, and Kansas City picked up a couple of first downs to secure the victory.

THE ASSOCIATED PRESS

Colts win



The Indianapolis Colts finally won without Peyton Manning. It just took 14 games and three quarterbacks to get there.

► Dan Orlovsky threw one touchdown pass, a key block on an 80-yard TD run and the Colts defence held Chris Johnson to 55 yards rushing, to beat Tennessee 27-13 and avoid becoming the second 0-16 team in league history.

► For the Titans (7-7), the loss was a devastating blow to their playoff hopes. Had the Titans closed out the season with three wins, they likely would have reached the post-season. Now they'll probably need help from other teams just to get in.

Patriots slow down Tebow in win



Not this time, Tim Tebow. Tom Brady and the New England Patriots shut down Tebow's late-game heroics and clinched a playoff berth with a 41-23 victory over the Denver Broncos on Sunday.

The Patriots (11-3) won their sixth straight game and another AFC East title by bouncing back from an early 17-6 deficit and an awful first quarter in which they were outgained on the ground 167 yards to four.

This time, there was no

last-minute magic from Tebow, who had guided the Broncos (8-6) to four straight fourth-quarter comebacks and six

straight wins.

Instead of another slow start followed by a fantastic finish, the Broncos started out fast and then fizzled. They scored on their first three possessions and then were done in by a trio of second-quarter turnovers.

Champ Bailey had said the Broncos needed a big game against a big QB to prove to themselves and others that they were not just a curiosity but a contender.

They didn't get it on

this day.

Denver has faced four quarterbacks currently ranked in the top-10 in yards passing — Aaron Rodgers, Matthew Stafford, Philip Rivers (twice) and Brady. They're 1-4 in those games.

Brady, who was 23 of 34 for 320 yards with two TD passes and a touchdown run, made up for another bad day by the Patriots' defense to beat the Broncos for the second time in eight career starts — the only

team with a winning record against the three-time Super Bowl champion.

With its first loss since Oct. 30, the AFC West-leading Broncos face a tougher path to the playoffs, with a trip to Buffalo next week followed by a season finale against Kansas City, which ended Green Bay's 19-game winning streak Sunday behind Kyle Orton, the player Tebow replaced in Denver.

Tebow fell to 7-2 as Denver's starter.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Boston	31	21	9	0	1	108	61	43	11-6-0-1	10-3-0-0	8-2-0-0	W4
d-Philadelphia	31	20	8	2	1	110	91	43	8-5-1-1	12-3-1-0	8-2-0-0	L1
d-Florida	33	18	9	2	4	90	84	42	8-2-1-4	10-7-1-0	6-2-1-1	W2
NY Rangers	29	18	7	1	3	87	66	40	8-2-0-2	10-5-1-1	6-3-0-1	W1
Pittsburgh	33	18	11	2	2	107	88	40	9-4-2-0	9-7-0-2	5-5-0-0	W1
New Jersey	32	18	13	0	1	90	92	37	7-5-0-1	11-8-0-0	6-4-0-0	W4
Buffalo	32	16	13	2	1	89	94	35	8-9-2-1	8-4-0-0	4-4-2-0	L1
Toronto	32	16	13	2	1	100	105	35	7-5-2-1	9-8-0-0	4-5-1-0	L2
Winnipeg	32	15	13	3	1	89	97	34	11-5-0-0	4-8-3-1	6-4-0-0	W1
Ottawa	33	15	14	2	2	102	116	34	8-7-0-1	7-7-2-1	4-4-1-1	W1
Washington	31	16	14	0	1	91	96	33	10-5-0-1	6-9-0-0	4-6-0-0	L1
Montreal	33	13	13	2	5	85	89	33	5-7-2-4	8-6-0-1	3-3-1-3	L2
Tampa Bay	32	14	16	0	2	87	107	28	8-5-0-0	6-11-0-2	3-7-0-0	W2
NY Islanders	30	10	14	4	2	69	97	26	6-8-3-0	4-6-1-2	5-3-2-1	W1
Carolina	34	10	18	4	2	86	116	26	6-9-0-2	4-9-4-0	2-6-2-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	33	20	8	2	3	84	72	45	10-4-1-2	10-4-1-1	7-1-0-2	L3
d-Chicago	32	20	8	1	3	107	96	44	10-2-0-3	10-6-1-0	8-1-0-1	W4
d-San Jose	30	17	10	2	1	86	74	37	10-6-1-0	7-4-1-1	4-4-1-1	W2
Detroit	31	20	10	1	0	104	69	41	13-2-1-0	7-8-0-0	7-3-0-0	W1
St. Louis	31	18	9	0	4	76	65	40	12-3-0-1	6-6-0-3	7-1-0-2	L1
Vancouver	32	19	11	0	2	106	80	40	8-4-0-1	11-7-0-1	7-2-0-1	W1
Nashville	32	17	11	3	1	85	84	38	8-5-2-1	9-6-1-0	7-3-0-0	W5
Dallas	31	18	12	0	1	80	86	37	9-0-1-0	9-8-0-0	5-4-0-1	L1
Phoenix	32	16	13	1	2	84	85	35	7-7-1-1	9-6-0-1	4-6-0-0	L1
Calgary	32	14	14	2	2	80	90	32	8-5-1-1	6-9-1-1	5-2-1-2	L3
Los Angeles	32	14	14	2	2	69	79	32	8-9-0-1	6-5-2-1	3-7-0-0	L1
Edmonton	32	14	15	0	3	87	87	31	9-5-0-2	5-10-0-1	2-7-0-1	L3
Colorado	33	15	17	1	0	88	100	31	9-9-0-0	6-8-1-0	5-5-0-0	W1
Anaheim	32	9	18	2	3	75	105	23	7-9-1-0	2-9-1-3	3-6-1-0	L2
Columbus	32	9	19	1	3	76	105	22	6-10-1-1	3-9-0-2	3-6-1-0	L2

d – division leaders 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results

Florida 3 Carolina 2 (OT)

Calgary at Chicago

Columbus at St. Louis

Saturday's results

New Jersey 5 Montreal 3

San Jose 3 Edmonton 2

Vancouver 5 Toronto 3

Winnipeg 5 Anaheim 3

Boston 6 Philadelphia 0

Colorado 2 Washington 1

Detroit 8 Los Angeles 2

Nashville 2 St. Louis 1 (SO)

N.Y. Islanders 2 Minnesota 1 (SO)

N.Y. Rangers 3 Phoenix 2

Pittsburgh 8 Buffalo 3

Tampa Bay 3 Columbus 2

Tonight's games

All Times Eastern

Montreal at Boston, 7 p.m.

Los Angeles at Toronto, 7 p.m.

Anaheim at Dallas, 8 p.m.

Philadelphia at Colorado, 9 p.m.

Detroit at Edmonton, 9:30 p.m.

Minnesota at Vancouver, 10 p.m.

Tomorrow's games

N.Y. Rangers at New Jersey, 7 p.m.

Chicago at Pittsburgh, 7 p.m.

Nashville at Washington, 7 p.m.

Buffalo at Ottawa, 7:30 p.m.

Phoenix at Florida, 7:30 p.m.

N.Y. Islanders at Winnipeg, 8:30 p.m.

Minnesota at Calgary, 9 p.m.

SATURDAY

DEVILS 5, CANADIENS 3

First Period

1. New Jersey, Sykora 8 (Zubrus) 7:05

Penalties — Emelin Mtl (tripping) 4:50, Cole Mtl (interference) 16:11, Cole Mtl (hit to the head) 18:53.

Second Period

2. Montreal, Subban 2 (Kaberle, Cammalleri) 2:21 (pp)

3. New Jersey, Elias 12 (Kovalchuk, Foster) 5:05 (pp)

4. Montreal, Campoli 1 (Weber, Gill) 8:57

5. Montreal, Ertle 3 (Leblanc, Gill) 8:57

6. New Jersey, Clarkson 11 (Larsson) 18:26

Penalties — Fayne NJ (interference) 0:59, Volchenkov NJ (cross-checking) 1:34, Cole Mtl (interference) 4:21, Clarkson NJ (roughing) 10:17.

Third Period

7. New Jersey, Elias 13 (Sykora) 1:31

8. New Jersey, Zubrus 10 (Kovalchuk, Foster) 10:18 (pp)

Penalties — Foster NJ (cross-checking) 4:14, Pacioretty Mtl (cross-checking) 9:09.

Second Period

3. Edmont, Jones 10, 5:28 (sh)

4. San Jose, Thornton 6 (Vlasic, Pavelski) 14:33

Penalties — Belanger Edm (hooking) 4:58, Hall Edm (interference) 9:09, Havlat SJ (high-sticking) 10:23, Peckham Edm (holding), Havlat SJ (roughing) 12:49, Smid Edm (interference) 17:56.

Third Period

5. San Jose, Marleau 12 (Pavelski, McGinn) 6:11 (pp)

Penalties — Peckham Edm (interference) 5:59, Demers SJ (holding) 9:07.

Shots

New Jersey 12 13 10 35

Montreal 6 11 9 26

Goal — New Jersey: Brodeur (W, 8-8-0); Montreal: Price (L, 12-10-7). Power plays (goals-chances) — New Jersey: 2-5; Montreal: 1-4.

Referees — Greg Kimmerly, Chris Lee. Linesmen — David Brisebois, Greg Devorski.

Attendance — 21,273 (21,273).

CANUCKS 5, MAPLE LEAFS 3

First Period

1. Vancouver, Higgins 9 (Edler, Salo) 1:02

2. Toronto, Lupul 15 (Bozak, Liles) 3:58 (pp)

Penalties — Ballard Vcr (holding) 3:17, Aulie Tor (boarding) 12:57.

Attendance — 17,562 (17,562).

Second Period

3. Vancouver, Raymond 3 (Kesler, Higgins) 0:49

4. Toronto, Bozak 7 (Kessel) 7:33

5. Vancouver, D.Sedin 13 (Burrows) 19:16

Penalties — Weise Vcr, Connolly Tor (roughing) 5:43.

Third Period

6. Vancouver, Burrows 11 (H.Sedin) 14:06

7. Toronto, Kessel 19 (Bozak, Liles) 17:17

8. Vancouver, Hansen 10, 18:20

Penalties — None.

Shots

Vancouver 14 13 9 36

Toronto 10 9 10 29

Goal — Vancouver: Luongo (W, 12-6-2); Toronto: Gustavsson (L, 9-6-0). Power plays (goals-chances) — Vancouver: 0-1; Toronto: 1-1.

Referees — Kelly Sutherland, Ian Walsh.

Linesmen — Scott Driscoll, Michel Cormier, Scott Driscoll.

Attendance — 19,633 (18,819).

JETS 5, DUCKS 3

First Period

1. Winnipeg, Wellwood 8 (Antropov, Bogosian) 4:54

2. Winnipeg, Wheeler 3 (Byfuglien, Enstrom) 6:19 (pp)

3. Winnipeg, Hagman 5 (Selanne, Brookbank) 14:34

4. Anaheim, Perry 13 (Getzlaf, Ellis) 18:26

Penalties — Perry Ana (high-sticking) 5:58, Parr/Stuart Wpg (boarding, roughing), Parros Ana (roughing) 10:08, Visnovsky Ana (slashing) 15:32.

Second Period

5. Winnipeg, Burmistrov 7 (Kane, Bogosian) 0:31

6. Winnipeg, Ladd 10 (Byfuglien, Wellwood) 18:20

Penalties — Parros Ana, Stuart Wpg (fighting) 2:06.

Third Period

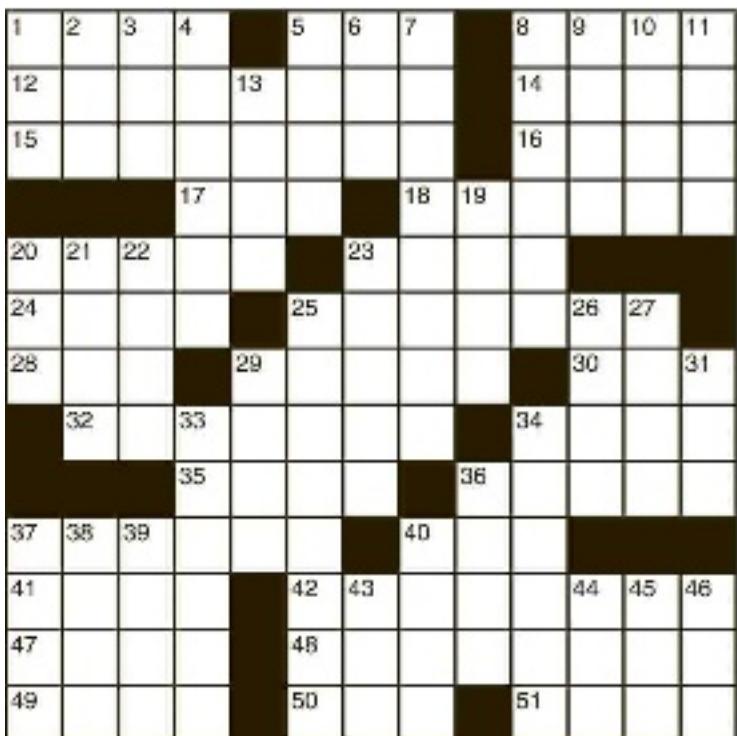
7. Winnipeg, Bogosian 2 (Thorburn) 2:49

8. Anaheim, Perry 14 (Getzlaf, Selanne)

Crossword

Across

1 Bakery buys
5 Youngster
8 Treaty
12 Australian city
14 Reverberate
15 Like spreadsheets, e.g.
16 Slender
17 Scepter
18 Each
20 Hybrid eating utensil
23 Entanglement
24 Bohemian
25 Refrigerator decorations
28 Humour
29 Gave a darn
30 Regret
32 Grieved
34 Intentions
35 Primary
36 Sag
37 "— & Louise"
40 To and —
41 Emanation
42 Ivy League university
47 List of options
48 Catholic prayer
49 "Hey, you!"
50 Remiss
51 Je ne — quoi



Down

8 Small
9 Liniment target
10 Stylish
11 Color quality
13 Beyond control
19 Frogs' hangout
20 Witnessed
21 Proper partner?
22 "Beetle Bailey" dog
23 Carpenter or Black
25 Crazed
26 Threesome
27 Japanese wrestling
29 Study all night
31 Kreskin's claim

33 Diacritical mark
34 Scents
36 Snare or tom-tom
37 Pack down tightly
38 Shades
39 Sea eagles
40 Show off your muscles
43 Eggs
44 Lingerie item
45 Midafternoon, on a sundial
46 Some small batteries

► Friday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

the moment but that's no bad thing.

13 Capricorn Dec. 22-Jan. 20

You will have to use up a lot of physical and mental energy to enjoy what is really quite a modest return. In which case, why bother?

14 Aquarius Jan. 21-Feb. 18

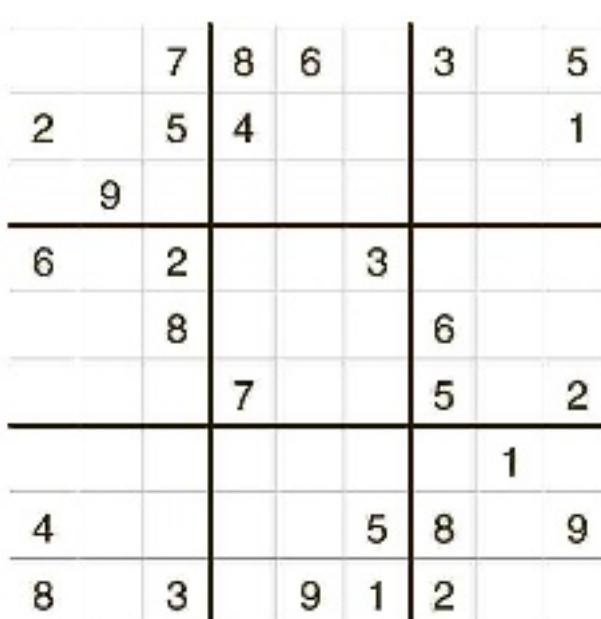
There are two ways you can get what you want: you can go it alone or you can partner up with people who share your ambitions. It's a no-brainer really.

15 Pisces Feb. 19-March 20

Keep your mind focused on a particular target.

• SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►



Today



4°/-10°
Rain
70%

Tuesday



-4°/-5°
Sunny

Know what the weather will be 14 days from now. Check the 14 day trend.

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Today's horoscope



♈ Aries March 21-April 20 Misunderstandings could be expensive, so make sure those you work and do business with know what you are up to today.

♉ Taurus April 21-May 21 Take life at a more measured pace over the next 24 hours.

♊ Gemini May 22-June 21 Opportunities to prosper are all around, but you must be selective.

♋ Cancer June 22-July 22 You seem to be a bit touchy at the moment, and that's bad news for anyone who gets on your wrong side.

♌ Leo July 23-Aug. 23 You can

sense that something big is about to happen but you can't work out what it might be. Relax.

♍ Virgo Aug. 24-Sept. 22 Why are you trying so hard to convince people that your ideas are best?

♎ Libra Sept. 23-Oct. 23 What seems like a setback today will turn out to be a blessing in disguise before the end of the year, so don't waste time worrying about it.

♏ Scorpio Oct. 24-Nov. 22 You will face some tough obstacles today, but being a Scorpio you will enjoy the challenge.

♐ Sagittarius Nov. 23-Dec.

♑ Your options may be limited at

Caption contest



CHRIS O'MEARA/THE ASSOCIATED PRESS



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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FROM YOURS FOREVER, SHORT, PATIENT PRINCESS...*

M74
I wanted to thank you for your love, beauty, and inspiration. That's all. Big, big love for everyone who's reading this as well! I wish everyone much happiness and wholesome lives for now and for the future. <3
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Christmas Day

December 25 - CLOSED

Boxing Day

December 26 - 10:00am to 6:00pm



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